



*In my role as a family school wellness worker, it has been such a joy to see the positive impact that Get Real has on a school community. I notice students who may not have known how to ask for help, are better able to seek out the help that they deserve. I love that after a Get Real day, everyone is able to speak the same language. Using the onion metaphor really seems to inspire students to dig deep and feel confident and good about letting their true self shine through. It's also really encouraging to see student across all grades and adults from the community pull together and encourage one another through empathy.*

**Melissa Seaborg Family  
Wellness Worker  
Chinooksedge School Division.**

## Students enjoy participating in Get Real

"Get Real Day" is a really cool day for both students and adult supervisors. It's a day when we learn about how similar we all are as human beings. On this day, we learn how we all have feelings and we need to treat each other like we like to be treated ourselves. We learn that we all make mistakes, and that we all need to apologize to other people when we do things that hurt their feelings. We learn that it is very empowering to say "I'm sorry for hurting you." We also learn that it is equally empowering to forgive others who have hurt us. We also learn that we all face some pretty hard things in life, and that, we can all help each other make it through this life together. By the end of the day, everyone feels a lot more connected to each other, and more like a kind,



loving, and caring school community of family and friends. We learn that we can make our lives, and the lives of others around us, much better and happier simply by standing up for what's right and being nice and caring to everyone. "Get Real Day" is a great day of sharing, healing, and building friendships.

## Reflections – Marnie Molnar, Chairman of the Board

# Thank You For Your Support

*"This puts a smile on my face everyday."*

The entire Board would like to take this opportunity to sincerely thank all of you who have been with us from the beginning. Your support and encouragement has kept us going through some tough times. The board cannot bestow enough praise on our "Angel" Wendy Walker, for her vision and tenacity. We are also very proud of our four extraordinary facilitators, who have been showered with well-deserved praise after every "Get Real - Keep it Real" day we have done over the past year. Keep up the great work!

I volunteer with several "not-for-profit" organizations but I must say, none as emotionally rewarding and amazing as the "Get Real" organization. My personal goal, after witnessing firsthand the oppression of our youth today, was to help one child. Through this "not-for-profit" and our amazing team of volunteers, we have without a doubt helped many. This puts a smile on my face everyday.

Our youth have a right to an education but more importantly to feel safe and respected while obtaining that education. For some this can be a problem. It saddens me, even with the news coverage that this problem attracts, that there remains individuals out there, in all areas, at all levels, with a total lack of understanding and sadly with many, an ignorant disbelief that any problem exists for students. In speaking with politicians; some feel there are enough programs. I ask then, why is the problem still prevalent and increasing? In speaking with educators; they'll state "our school is fabulous we don't have any social interaction problems". I ask then, why did one of your students commit suicide. In speaking with parents; perhaps your Johnny is not in the cross hairs BUT Johnny is witness to it which still has a profound impact on Johnny. Our volunteers are strong, resourceful and we will not give-up until this problem is solved.

Again, heartfelt thanks to you for being part of the solution, rather than the problem.

### COMMENTS FROM GRADE 9 STUDENTS WHO HAVE PARTICIPATED IN A GET REAL-KEEP IT REAL DAY!

- I liked that you didn't have to hide anything.
- I met some great people and say hi to people I didn't use to before the day.
- I will reach out for help when I need to. Instead of pretending everything's fine.
- The food was delicious!
- It was a life changing experience.
- Apologies were really genuine.
- The games helped me relax.
- Get Real was AMAZING! X3
- Cross the line was my favorite part... shows you that you aren't alone. X25
- The leaders were great and really funny.
- All leaders were easy to talk to.
- It helped our grade get to know each other better.
- Cross the line was the most emotional experience I have ever had.
- I like knowing that I am not alone.
- We reconnected with classmates.